

# CLASSES FOR FUN, LEARNING AND SOCIABILITY

PAPER CUTTING Thurs., July 13 at 9:30am.

MAHJONG: Call the Center @ 203.268-1145 for more information Tues., July 11,18,25, 12noon-3:00pm.

MEXICAN DOMINOES: Players needed!! Newcomers you don't need to know how to play. Weds., July 5, 12, 19, 26 at 9am-12noon. Sign up!

CARDS: BRIDGE, DUPLICATE BRIDGE, PINOCHLE. Call for the name of a group or needed partners and choose a time to play.

SUBSTITUTES needed for Bridge! Monday's at 12:30 call Gloria Katz 203-372-1913 to sign up.

**\*\*LINE DANCING\*\* BY POPULAR DEMAND!!!** Friday, July 7 & 21 at 9am. This is a beginner **FREE CLASS!** Come enjoy line dancing with Diane Tatnall and have fun while burning calories! Sign up today! You don't have to know how to dance!

OUTSIDE GAMES: Ask at the desk! Weather permitting. Hillbilly golf, cornhole, ping pong, board games. Etc.

## EXERCISE PROGRAMS

YOGA: Tues., July 11, 18, 25 at 8:45am. Yoga aims to unite the mind, the body, and the spirit, and helps you become more aware of your body's posture, alignment and patterns of movement. Cost \$7. Christine Preston

YIN YOGA: With Christine Preston. Thursday, July 6, 13, 20, 27 at 8:45am. Cost \$7.

WEIGHT TRAINING: Wednesday, July 5, 12, 19, 26 at 9am. Geared toward individuals to prevent the weakening of muscles. You will be using weights (available at the center — includes all 4 classes at no extra charge).

Instructor Diane Tatnall.

RESISTANCE BAND CLASS: Monday, July 3, 10, 17, 24, 31 at 9am. This exercise class is for those wanting to increase muscle tone and strength. Instructor, Diane T.

BALANCE AND CORE: Weds, July 5, 12, 19, 26 at 10:00am. Designed for seniors to gently increase coordination, balance and core strength. Instructor Diane Tatnall.

CHAIR/BALL EXERCISE!! Improve bone health and circulation, and improve your mood! Come join Diane Tatnall for another fun class!! No equipment needed. Friday July 7, 14, 21, 28 at 10am.

*\$8.00 per month includes Diane's 4 classes!*

PAINTING AND DRAWING CLASS: Thurs. July 6, 13, 20, 27 at 9:30am. Improve your watercolor & acrylic painting skills. You can also learn how to draw with pencil, colored pencil and charcoal. Instructor: Robert Casilla. Cost \$10. Renowned Artist that specializes in book illustrations.

WEAVING: Weaving room avail. Mon. thru Fri. 9am-3pm Instructor Barbara Hurley attends Friday session. \$8/month.

SPECIAL KNITTING PROJECT FOR THE WHOLE COMMUNITY: In preparation for our annual sales; our Friday knitting club meets at 10am. knit or crochet scarves, gloves, hats and blankets. Yarn and needles available. We are still collecting YARN! For those who wish to do their knitting at home stop by to pick up supplies as needed.

SCRABBLE PLAYERS WANTED; FRIDAY AFTERNOON CALL TO SIGN UP!!!!

CHORUS: Will start in the fall! Easton Sharps and Flats is seeking a Director Please call immediately if you are interested! If you would like to join the chorus please call to sign up. We have 14 signed up! Tenors or Baritones needed

## KEEPING HEALTHY

MASSAGE/ACCUPUNCTURE: Tues., July 11, 18, 25, and Weds., July 5, 12, 19, 26. Please call to check schedule and make your appointment with Beth. 60 mins. for \$65.

MANICURES AND PEDICURES: Monday's from 10am-2pm. \$20. Manicure; \$20. Pedicure. Please call 1 week prior to make an appointment with Theresa.

## SERVICES

ALTERATIONS: Luisa Konstantino, Tues., July 11, 18, 25 at 9:00am. Please call to make an appointment;

HAIRCUTS: Maria Shapiro Fridays by appt. only, 9am-12noon . Women \$20. & Men \$15. July 7, 14, 21, 28.

### —CLASS—

TAI CHI: Please note this is an afternoon session. Debbie Goldenburg. Tuesday, July 11, 18, 25 at 2:15pm. Tai Chi is open to all levels. We begin with a short guided meditation preparing the mind to enhance the ancient arts for its healing. It can be practiced for strength, balance, to improve cognition, calmness & agility. Cost \$7 a session.

All services follow State health regulations